

Libraries

Central Library.....	619-236-5800
Allied Gardens/Benjamin	619-533-3970
Balboa.....	858-573-1390
Carmel Mountain.....	858-538-8181
Carmel Valley.....	858-552-1668
City Heights/Weingart.....	619-641-6100
Clairemont.....	858-581-9935
College-Rolando.....	619-533-3902
Kensington-Normal Heights.....	619-533-3974
La Jolla/Riford.....	858-552-1657
Linda Vista.....	858-573-1399
Logan Heights.....	619-533-3968
Mira Mesa.....	858-538-8165
Mission Hills.....	619-692-4910
Mission Valley.....	858-573-5007
Mountain View/Beckwourth.....	619-527-3404
North Clairemont.....	858-581-9931
North Park.....	619-533-3972
North University Community.....	858-581-9637
Oak Park.....	619-527-3406
Ocean Beach.....	619-531-1532
Otay Mesa-Nestor.....	619-424-0474
Pacific Beach/Taylor.....	858-581-9934
Paradise Hills.....	619-527-3461
Point Loma/Hervey.....	619-531-1539
Rancho Bernardo.....	858-538-8163
Rancho Penasquitos.....	858-538-8159
San Carlos.....	619-527-3430
San Ysidro.....	619-424-0475
Scripps Miramar Ranch.....	858-538-8158
Serra Mesa-Kearny Mesa.....	858-573-1396
Skyline Hills.....	619-527-3485
Tierrasanta.....	858-573-1384
University Community.....	858-552-1655
University Heights.....	619-692-4912
Valencia Park/Malcolm X.....	619-527-3405

Recurring Events

Health & Fitness

Feeling Fit Club

An exercise program to be performed from a seated or standing position. Program evaluation has shown improvement in participants' strength, flexibility, balance and ability to perform activities of daily living.
 >> Tuesdays & Thursdays from 11:00am-12:00pm
 @ Logan Heights Branch Library

Self-Defense Class

This workshop will teach effective self-defense using Wing Chun Kung Fu & other martial arts combat techniques. Students will learn basic blocks, hand strikes, low kicks & how to use them in various situations.
 >> Thursdays from 10:30am-11:30am - 7/16, 8/20, 9/17
 @ San Carlos Branch Library

Senior Fit Club

Gentle exercises for strength, mobility and flexibility. Please bring appropriate attire and yoga mat.
 >> Tuesdays from 1:30pm-2:30pm
 @ Scripps Miramar Ranch Branch Library

Tai Chi

>> Wednesdays from 10:15am-11:45am
 @ Central Library @ Joan A Irwin Jacobs Common

Zumba Gold

Low impact Zumba for the senior set!

>> Mondays from 4:00pm-5:00pm
 @ Pacific Beach/Taylor Branch Library

>> Wednesdays from 1:30pm-2:30pm
 @ Serra Mesa-Kearny Mesa Branch Library

>> Fridays from 1:30pm-2:30pm
 @ Mission Valley Branch Library



Technology

Computer Class for Beginners

>> 1st & 3rd Tuesdays from 5:00pm-5:45pm
 @ Tierrasanta Branch Library

>> Fridays from 11:00am-12:00pm
 @ La Jolla/Riford Branch Library

>> Saturdays from 10:00am-11:00am
 @ Rancho Bernardo Branch Library

Walk-in eReader Clinic for Electronic Devices

>> 2nd Tuesday of the month from 5:00pm-6:00pm
 @ Mission Hills Branch Library

>> Thursdays from 3:30pm-4:30pm
 @ La Jolla/Riford Branch Library

>> Saturdays & Sundays from 2:00pm-4:00pm
 @ Central Library @ Joan A Irwin Jacobs Common

Featured Events

Yoga Summer Book Program

Erika Lee will be leading gentle yoga, meditation & breathing techniques working in tandem with award winning book, *The Seven Spiritual Laws of Yoga* by Deepak Chopra & David Simon.
 >> Tuesdays from 6:30pm-7:45pm, 7/7-8/11
 @ Ocean Beach Branch Library

Reel Books

Watch a film based on a book & munch on free popcorn! 7/17 - *The Music Man*, 8/21 - *My Fair Lady*
 9/18 - *The Color Purple*
 >> 3rd Fridays at 2:00pm
 @ Pacific Beach/Taylor Branch Library

SummerFest by the La Jolla Music Society

SummerFest Coaching Workshops conducted by senior artists paired with young artists participating in our Fellowship Artist Program & local advanced students. All workshops are open to the public.
 >> Every Week Day Morning at 10:00am, 8/4-8/25
 @ La Jolla/Riford Branch Library

San Diego Public Library Events for Older Adults

JULY AUG SEPT 2015



Featured Events

July

Strategies to Maximize Your Social Security Income

Join your friends and neighbors for Complimentary Educational Workshops to learn Social Security strategies that could maximize your lifetime benefits. RSVP: 1-800-955-0934

>> July 7 from 6:30pm-7:30pm
@ University Community Branch Library

Yiddish Culture in the Era of Mass Immigration

OASIS program presented by Steven Cassedy, UCSD Literature Professor.

>> July 17 from 1:00pm-3:00pm
@ San Carlos Branch Library



Putting the Facts in Crime Fiction

Presented by Mystery Writers of America with authors Matt Coyle, David Putnam & George Fong

>> July 18 from 12:00pm-1:00pm
@ La Jolla/Riford Branch Library

Death Cafe

Death Cafe provides a safe, agenda-free place to discuss death and life over a cuppa and tasty treats. This is not a grief therapy group. RSVP: 858-750-9279

>> July 22 from 6:00pm-8:00pm
@ Carmel Mountain Ranch Branch Library



Financial Resource Fair: Summer is for Saving!

A fun way for the whole family to learn about finances. This FINRA event will feature free food, games & prizes!

>> July 25 from 11:00am-2:00pm
@ Pacific Beach/Taylor Branch Library

Sharp Healthcare Screenings

Receive free health screenings for blood pressure, glucose, cholesterol, BMI & tobacco use.

>> July 29 from 10:00am-1:00pm
@ Central Library @ Joan A Irwin Jacobs Common

August



Canvas & Coffee

A fun class where adults 18 & up can have some light snacks and beverages while learning how to paint with artist Joe Nyiri. Sign up: 858-538-8181

>> August 5 from 5:30pm-7:30pm
@ Carmel Mountain Ranch Branch Library

Busting the Myth of Carbs, Protein & Fats!

Come gain a clear understanding about the essential components of a successful diet plan!

>> August 12 from 6:30pm-7:30pm
@ Mission Hills Branch Library

Forks: A Quest for Culture, Cuisine and Connection

Globe traveler, professional speaker & author Allan Karl will speak on his book.

>> August 16 from 2:00pm-3:00pm
@ Central Library @ Joan A Irwin Jacobs Common



Ocean Beach: An Attitude, Not an Address

With Jonnie Wilson & Kathy Blavatt of the Ocean Beach Historical Society.

>> August 19 from 1:00pm-2:30pm
@ Point Loma/Hervey Branch Library

Chronic Disease & Chinese Medicine

OASIS: Dr. Joy will share how acupuncture and Chinese medicine can be added to your treatment plan to decrease pain, reduce stress and offset side effects of potent medications.

>> August 20 from 2:00pm-3:30pm
@ University Community Branch Library

September



Book Arts

Stretch your idea of what a book can be! You will learn book structures & binding techniques while using a variety of art media to create unique pages. Supplies provided. Registration required. 619-533-3974

>> September 8 from 6:00pm-7:00pm
@ Kensington Branch Library



Urban Garden

Learn how to make a recycled garden craft in this hands-on class presented in partnership with Ecoverse.

>> September 10 from 1:00pm-2:00pm
@ Central Library @ Joan A Irwin Jacobs Common
in the Mary Hollis Conference Room

Library Book Club

Book selection for this month is *Deep Down Dark* by Hector Tobar. Copies are available for checkout at Rancho Bernardo Library. Open to all.

>> September 16 from 3:00pm-4:00pm
@ Ranch Bernardo Branch Library

Offline & Online Security

Security expert Jennifer Karp will lead a discussion about ways for older adults to protect their identities both on and offline.

>> September 26 from 1:00pm-3:00pm
@ Central Library @ Joan A Irwin Jacobs Common
in the Mary Hollis Conference Room



Concert by Duo Decorus

Duo Decorus is a virtuoso ensemble featuring violinist Paivikki Nykter and cellist Cecilia Kim.

>> September 30 from 6:30pm-7:30pm
@ University Community Branch Library

For more older adult events at your library,
please visit:

www.sandiegolibrary.org